metro

PHILADELPHIA NO. 1 FREE DAILY IN THE US

Tuesday, February 28, 2017 metro.us | t: MetroPhilly | f: MetroPhilly

WHAT HAPPENED AT THE OSCARS?!

A play-by-play of how the Best Picture fiasco went down. 8

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'A VILE ACT'

Muslim leaders condemn vandalism of Jewish cemetery. 4

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TRUMP WANTS TO ADD $54B TO DEFENSE BUDGET

1 President Donald Trump is seeking what he called a "historic" increase in military spending of more than 9 percent, a huge rise even as the United States has wound down major wars in Iraq and Afghanistan and remains the world's strongest military power. Trump will seek to boost Pentagon spending in the next fiscal year by $54 billion in his first budget proposal and slash the same amount from non-

defense spending, including a large reduction in foreign aid, a White House budget official said. The president does not have the final say on federal spending. His plan for the military is part of a budget proposal to Congress, which, while it is controlled by his fellow Republicans, will not necessarily follow his plans. REUTERS

TRUMP'S FANS ORGANIZE THEIR OWN RALLIES

2 Supporters of U.S. President Donald Trump were holding rallies in towns and cities across the country on Monday, partly as a rebuttal to waves of anti-Trump protests that have taken place since the Republican's election last November. Trump was not scheduled to appear at any of this week's rallies. The venues range from a park in the small town of Gravette, Arkansas, to the plaza outside the Georgia State Capitol building in downtown Atlanta. In Atlanta, a crowd of about 200 mostly white supporters gathered on an overcast day. "I just think we need to support our president," said Vivian Phillips, a 60-year-old retired schoolteacher who drove more than seven hours from her West Virginia home to attend the rally in Atlanta. REUTERS

PENTAGON BRINGS ISIS PLAN TO WHITE HOUSE

3 A Pentagon-led preliminary plan to defeat Islamic State has been delivered to the White House and U.S. Defense Secretary Jim Mattis will brief senior administration officials later on Monday, a Defense Department spokesman told reporters. Pentagon spokesman Captain Jeff Davis

told reporters that it was the framework for a broader plan and looked at Islamic State around the world, not just Iraq and Syria. Davis said the plan would define what defeating Islamic State meant and was one that would rapidly defeat the militant group. REUTERS

FEBRUARY TORNADO

5 Jeanie Thomas walks past the badly damaged front of her home on Whately Road in Conway on Monday. The first February tornado on record in Massachusetts touched down on Saturday night, causing severe damage to buildings as well as downed trees and blocked roads in Conway.
GETTY IMAGES

5 THINGS YOU NEED TO KNOW

'THRONES' ACTOR DIES

4 Neil Fingleton who played a giant in the HBO series "Game of Thrones" has died, reportedly of a heart attack, at the age of 36. He was the tallest British-born man and the tallest man in the European Union at 7-feet, 7.56-inches. In 2014 Fingleton started playing pro basketball in the United States and in Europe until an injury forced him to retire in 2007. He returned to his home city of Durham, England, to pursue a career in show business. METRO

Neil Fingleton strolls through Times Square, meeting New Yorkers and tourists. GETTY IMAGES

WELCOME TO METRO.US!

JENNIFER LOGUE, PHILADELPHIA FEATURES EDITOR

The big mixup at the Academy Awards on Sunday night got us thinking about how live television can sometimes go horribly wrong. From lip sync disasters to scandalous "wardrobe malfunctions," even seemingly flawless celebrities make mistakes sometimes. We take a look back at the worst fails on live television (so far!) at **metro.us/TV.**

PLAY TO WIN

$100!

Every Monday, we pick a random winner from the participants who answered correctly one of the quizzes from the previous week. Congrats to last week's winner, **Dinorah Balthazar from New York City.**

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SESSION II – 11:30 AM – 12:15 PM

(choose one)

INTERVIEWING SKILLS FOR GETTING A GREAT JOB WITH A GREAT EMPLOYER

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SESSION III – 12:30 PM – 1:15 PM

(choose one)

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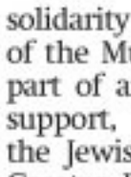
ALL IMAGES KAITLYN MOORE

Muslim leaders 'deeply troubled' by vandalism at Philly Jewish cemetery

About 100 headstones were toppled at Mount Carmel Jewish Cemetery over the weekend.



SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

The expressions of support for Philadelphia's Mount Carmel Jewish Cemetery quickly followed the announcement that 100 headstones there were vandalized over the weekend.

"A vile act of anti-Semitism," the statement read.

The words were not surprising but were made even more powerful because they came from Osama Al-Qasem, president of the Philadelphia chapter of the Council on American Islamic Relations.

Dr. Nasim Rehmatullah of the Ahmadiyya Muslim Community USA added that his group was "deeply troubled by these rising and ongoing attacks on our Jewish sisters. Brothers and members from our Philadelphia chapter are in route to assist in cleanup," he said.

The expressions of solidarity from members of the Muslim faith were part of an outpouring of support, which included the Jewish Federation of Greater Philadelphia and a GoFundMe page that has been created to raise funds to repair the cemetery.

Philadelphia police have called the incident "an abominable crime that appears to target these particular headstones," but would not yet classify it as a hate crime or a specifically anti-Jewish act. In an email, a police spokesman said the public "must allow the investigation to take its course before we can determine a specific motive or label as a particular type of crime." Detectives are still investigating.

The 100 headstones toppled over at Mount Carmel's cemetery in Frankford happened sometime on Saturday night. It came a day before dozens of Jewish centers along the East Coast received bomb threats, including 11 in Pennsylvania.

Local leaders of all faiths have deplored the Mt. Carmel incident, with some openly connecting the rise in hate crime-related incidents, including those in Philadelphia, to the election of President Donald Trump.

Jacob Bender, who is executive director of the Council on American Islamic Relations-Philadelphia office, was one of them. He said all faiths should "join together to defeat the extremist elements now on the rise throughout our nation, including some at the highest echelons of our national government."

Last week, Trump condemned anti-Semitic attacks last week after a previous round of bomb threats against Jewish centers. He said the incidents were "horrible and are painful and a very sad reminder of the work that still must be done to root out hate and prejudice and evil."

In recent months, Philadelphia has seen several incidents of swastikas scrawled on walls, rocks thrown through synagogue windows and vandalism reported at Jewish centers.

"Pennsylvania was struck today by multiple anonymous acts of hate," Pennsylvania Attorney General Josh Shapiro said in a statement over on Monday, in announcing an investigation into the bomb threats. "These acts are cowardly. Their perpetrators aim to spread fear, but we will stand together to ensure they fail."

A $13,000 reward is being offered for information leading to the arrest and conviction of the vandals, with $10,000 from the Anti-Defamation League and $3,000 from the Fraternal Order of Police Lodge #5.

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What parents don't know about urgent care centers

WRITTEN BY
Amy Smith

Scraped knees, broken bones, and middle-of-the-night fevers are par for the course when you're raising kids. In a perfect world, your pediatrician's office would be able to handle any and all health emergencies. As most parents can tell you, this isn't always the case.

While some injuries make going to the ER a no-brainer (like losing consciousness or suffering from an asthma attack), most local urgent care centers are prepared to handle a wide range of pediatric mishaps. From treating a nasty cold to stitching up a laceration, many of these facilities can fill in for your regular pediatrician if you're in a pinch.

"Parents are often referred to our urgent care by their friends and family and are pleased by the treatment received," says Eric Solomon, D.O., Aria – Jefferson Health Urgent Care.

This can really save the day if, say, your pediatrician is all booked up and your little one is suffering with a sinus infection. Or your child unexpectedly sprains an ankle and you'd rather not head to the emergency room. (ER visits are often costlier.) What's more, Aria – Jefferson Health's Urgent Care typically gets patients in and out within an hour, while providing compassionate care in the process.

As we approach the spring sports season, many parents are also tasked with getting their kids in for required team physicals. Aria – Jefferson Health's Urgent Care can knock these off your to-do list in no time, providing comprehensive pediatric physicals at three of their Philadelphia-area locations.

"Children can usually be seen the same day at our urgent care. If the pediatrician's office is closed, there's no need to wait until the next business day to be seen. Our physician's backgrounds allow them to see a variety of illnesses and injuries," says Solomon.

In a nutshell, if your local urgent care center is part of the Jefferson Health family, you can expect top-quality care that rivals any pediatrician's office. From sunburns and poison ivy, to stitches and the common cold, Aria – Jefferson Health's Urgent Care has every parent covered.

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Stand-up comedian, actor, Bill Cosby leaves the Montgomery County Courthouse Monday in Norristown. ALL PHOTOS GETTY IMAGES

Judge lets Cosby have jurors from other Penn. county

The judge denied Cosby's request to move the trial.

A judge granted a request by Bill Cosby's defense lawyers on Monday to have jurors picked from a different Pennsylvania county in his upcoming sexual assault trial.

The comedian's lawyers had argued that his case had drawn too much publicity to allow for a fair criminal trial in Montgomery County.

Montgomery County Judge Steven O'Neill ruled that jurors would be picked from a different county, known as a change in venire, but denied the defense's alternative request that the whole trial be moved to a different county.

O'Neill also ruled that the jury be sequestered once the trial begins on June 5.

Cosby, 79, is facing charges he sexually assaulted Andrea Constand, a former assistant basketball coach at his alma mater Temple University, in 2004.

The case is the only criminal prosecution resulting from accusations against the entertainer by more than four dozen women, though the deluge of allegations has shattered his once family-friendly reputation.

Cosby has denied any wrongdoing and has said his encounter with Constand, like the others, was consensual.

In its argument, the defense noted that Montgomery County District Attorney Kevin Steele, who is leading the prosecution, campaigned in 2015 by criticizing a predecessor for failing to pursue the Cosby case. The resulting news coverage has made selecting an impartial jury from the county impossible, they said.

Prosecutors had opposed moving the trial but consented to a change in venire. However, they balked at Cosby's suggestion that only a county with more than 1.2 million people can yield a large enough jury pool to ensure fairness.

In court filings, Steele has pointed out that only Pittsburgh and Philadelphia meet that criterion and said the defense appeared to be shopping for a favorable jury.

The judge said that the Pennsylvania Supreme Court would select the new county from which jurors would be picked, in keeping with state law.

On Friday, in a blow to Cosby's defense, O'Neill ruled that prosecutors could call at trial another woman who has accused him of a similar assault in the 1990s. The district attorney's office had sought to call as many as 13 other women. REUTERS

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What to do if your child has a dental emergency

WRITTEN BY
Amy Smith

It's no secret that children love to play and run; skinned knees go hand in hand with childhood. Unfortunately, mouth injuries aren't always so simple to deal with. This is why parents need to know exactly how to handle a dental emergency.

Dr. Joshua A. Bresler D.M.D., a pediatric dentist at Doc Bresler's Cavity Busters, says the first line of defense if having your pediatric dentist's contact information already saved in your phone. (This includes the regular office number *and* emergency contact number. These should also be posted prominently at home.)

Dr. Bresler offers some tips to help prevent tooth loss and other problems in the event your child suffers an accident or fall.

For injuries to the mouth or teeth

Check for bleeding. If you find it, apply gentle pressure to stop the blood flow. Clean the wound and surrounding areas, then assess the severity of the injury.

If your child's permanent tooth is knocked out

Pick it up if you can find it, without touching the root. Gently rinse the tooth off and then, if possible, place the tooth back in the socket. Have your child bite down gently on clean gauze and go to the dentist *immediately*. If you can't keep the tooth in the mouth, place it in a cup filled with salt water or milk to keep the root moist. Even if the tooth looks broken or damaged, bring it along; your dentist will decide if it can be repaired. Time is critical. A tooth reimplanted in less than one hour will have a significantly greater chance of long term success.

If a "baby tooth" is knocked out

Unfortunately, these cannot be reimplanted. Apply gentle pressure with gauze to stop the bleeding, then visit the dentist as soon as possible to confirm that no damage has been done to the permanent teeth under the gums.

Prompt attention from your child's dentist can mean the difference between keeping and losing a damaged, dislodged or loosened tooth. You also want to prevent infection and control bleeding.

If they chip a tooth

While often embarrassing, it's only a true emergency if the fracture extends into the nerve tissue on the inside of the tooth. If your child fractures a tooth and you see what often looks like "spaghetti" poking through the fracture, this is a sign that you should bring your child to their dentist as soon as possible. Bring the piece of the tooth, if you can locate it.

If your child suffers a lip injury

Stop the bleeding, clean the wound, and apply constant pressure. See your child's dentist or head to the emergency room or urgent care for a deep wound that won't stop bleeding.

If your child has a toothache

Dental pain can quickly become very severe in children. If there are no contraindications, over-the-counter pain medications like Motrin and Tylenol will provide the best relief until you can see your dentist for definitive treatment.

Dr. Bresler suggests these general tips for preventing dental injuries

- Keep your child's teeth strong and healthy with good oral hygiene
- Get regular dental checkups and cleanings
- Always have your child in a seatbelt or car seat
- Childproof your home to help prevent injuries
- If your child plays sports, use a mouth guard

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Jordan Horowitz and Warren Beatty GETTY IMAGES

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How did Oscars 2017 Best Picture mistake happen?

And besides "Moonlight," who was the real winner in this no-win situation?

EVA KIS
@thisiskis
eva.kis@metro.us

On Sunday night, the worst kind of history was made.

For the first time ever, the wrong winner was read out at the Academy Awards for Best Picture when Warren Beatty and Faye Dunaway presented the Oscar to the musical "La La Land." A couple minutes later, it was the movie's creative team who had to announce the mistake, and that the winner was in fact the gay coming-of-age drama "Moonlight."

So what happened?

The story unfolded like a real-time Hollywood drama — and there were winners and losers here, too.

The problem, as Beatty explained, was that he'd been handed the wrong envelope. PricewaterhouseCoopers, the accounting firm that handles the Academy's votes and whose executives hand the envelopes to presenters on their way to the stage, issued a statement early Monday morning:

"We sincerely apologize to 'Moonlight,' 'La La Land,' Warren Beatty, Faye Dunaway and Oscar viewers for the error that was made during the award announcement for Best Picture. The presenters had mistakenly been given the wrong category envelope and when discovered, was immediately corrected. We are currently investigating how this could have happened, and deeply regret that this occurred."

Understandably, Beatty was confused about what was on the card — he even peeked inside the envelope to check if there was another card. Ultimately though, he's going to be remembered as the guy who passed the buck to Dunaway, who did what any of us would've done: read what's on the card just to break the horrible tension.

Incidentally, the Huffington Post had asked Pricewaterhouse about exactly this problem in a Feb. 24 story. The firm has two executives, Brian Cullinan and Martha Ruiz, who walk the red carpet with the envelopes in briefcases, among other spy drama-worthy details.

"Throughout the telecast, Cullinan and Ruiz are stationed on opposite sides backstage. The duo will have memorized the winners, thereby preventing the need to list them on any documentation that could land in the wrong hands," HuffPo wrote.

Ruiz implied but didn't explicitly say that she and Cullinan are the ones handing the envelopes to presenters. So what if the hands were right, but the envelope was wrong?

"We would make sure that the correct person was known very quickly," Cullinan told HuffPo. "Whether that entails stopping the show, us walking onstage, us signaling to the stage manager — that's really a game-time decision, if something like that were to happen. Again, it's so unlikely."

Not unlikely enough.

Once the Oscar fuzz came onstage, it was bizarrely left to the "La La Land" team to fix this mess. Producer Jordan Horowitz wasn't first to the mic, but he's the one who will be remembered.

He had given his acceptance speech. Then, during the confusion as the "Moonlight" team was making their way to the stage, host Jimmy Kimmel tried to diffuse the awkwardness by suggesting both films receive awards, but Horowitz wasn't having it: "I'm going to be really proud to hand this award to my friends from 'Moonlight,'" he replied.

After it became clear the "La La Land" team wasn't pulling an Adele at the Grammys, it was the "Moonlight" team's turn in the spotlight.

The winners shouldn't be left with mixed feelings, but that's what happened to everyone in "Moonlight," including Mahershala Ali, who won Best Supporting Actor — the first Muslim winner in Oscars history.

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US appeals court will not put Trump travel ban case on hold

The order from the 9th U.S. Circuit Court of Appeals could increase pressure on the Trump administration to clarify its intentions regarding the controversial executive order.

A rally in New York City GETTY IMAGES

A federal appeals court on Monday rejected a U.S. Department of Justice request to place on hold an appeal over President Donald Trump's travel ban on people from seven majority-Muslim countries.

The 9th Circuit suspended Trump's travel ban earlier this month while litigation over the measure proceeds. Trump has said he will soon issue a new executive order that addresses concerns raised by the appeals court judges.

The president's Jan. 27 order caused chaos at airports around the world as visa holders heading to the United States were pulled off planes or turned around upon arrival at U.S. airports.

Trump has said travel limitations are necessary to protect the United States from attacks by Islamist militants. His original order barred people from Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen from entering the country for 90 days. Refugees were banned for 120 days, except those from Syria, who were banned indefinitely.

Americans were deeply divided over the measure, which was condemned by prominent U.S. companies and allies and challenged in court by the state of Washington.

The 9th Circuit had directed the Justice Department to file a legal brief defending the travel ban later this week. Given Trump's intention to issue a new order, however, the Justice Department asked last week for the appeal to be placed on hold.

In a response, the state of Washington said the Trump administration has said both that it would pursue an appeal, and that it would issue a new order.

"Throughout these proceedings, there appears to have been a lack of communication between the Department of Justice and the White House," the Washington attorney general's office said in a court filing arguing that the 9th Circuit move forward now. REUTERS

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SpaceX to send privately crewed spacecraft beyond the moon next year

Private launch company SpaceX plans to fly two paying customers on a tourist trip around the moon using a spaceship under development for NASA astronauts and a heavy-lift rocket that has not yet flown, Chief Executive Elon Musk told reporters on Monday.

The launch of the first-ever privately funded tourist flight beyond the International Space Station is tentatively targeted for late 2018, Musk told reporters on a conference call.

He declined to identify the customers or say how much they would pay to fly on the week-long mission, except to say that it's "nobody from Hollywood." He also said the two prospective space tourists know each other.

"We would expect to do more than one mission of this nature," he added. "This should be incredibly exciting."

REUTERS

Elon Musk, CEO of SpaceX, stands next to the Dragon V2 spacecraft at SpaceX facilities in Hawthorne, California. GETTY IMAGES

"We would expect to do more than one mission of this nature. ... This should be incredibly exciting."
Musk

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Halle Berry strips down post-Oscars

Halle Berry is back, and she wants to make sure you know it.

The 50-year-old actress posted a video of her stripping down out of her Oscars dress and skinny dipping in a pool, set to the sweet, sweet sounds of Bruno Mars.

The actress also told Vogue that she wanted to celebrate her natural hair this year. But here's a conspiracy theory: What if it's a wig?

I mean, in the video, she appears to be taking off her dress from the ceremony. But she showed up to Vanity Fair's after party looking adequately moisturized and with her hair pretty much in the exact same shape. So if she did go for a quick skinny dip after the ceremony, how could her hair be still so perfectly coiffed?

Only if she had a wig.

Which is totally fine. It's still natural hair, maybe. Just in wig form.

Or I suppose this could all be some ploy, and she recorded the video earlier. Whichever.

To watch the video, visit metro.us

the word

RACHAEL CLEMMONS
racahel.clemmons@metro.us

Casey Affleck 'appalled' his company donated to Trump

By all accounts, Casey Affleck should be celebrating his Best Actor Oscar win. He probably is. But the "Manchester by the Sea" star, who rocked a vagrant-chic look at Sunday's awards, is worried about something else.

The younger Affleck has been pretty vocal about his distaste for President Trump — he called Trump's policies "un-American" at the Independent Spirit Awards.

Turns out, Affleck's production company donated to Trump's transition team and, according to Vulture, Affleck claims he didn't know about it.

Buzzfeed confronted Affleck with federal filings that included a $5,000 donation from Affleck and the Middleton Project to the Trump for America Fund. Affleck said in a statement he was "appalled" by the donation and "never would have authorized it."

But does any of this even matter? Affleck seems to have dodged those sexual-harassment allegations, so I doubt his company donating to Trump is going to have any effect on his career.

ALL PHOTOS GETTY IMAGES

Did Beyonce reveal her twins' gender?

Beyonce — she of the extravagantly gilded Grammy Awards performance and epic, internet breaking baby announcement — made a surprise appearance at a pre-Oscars party this weekend with husband Jay Z, and was overheard gushing about the gender of her expected twins.

And, guess what! She supposedly doesn't even know. At least, not yet. A source tells Page Six that the 35-year-old told guests that they will know the genders of the babies in two weeks. No due date has been announced.

However, because speculation is key here, many fans already believe that she's having a boy and a girl. Because, a) in a recent Jay Z song, the rapper penned the lyrics, "I want a boy and a girl," which, OK; and b) Matthew Knowles recently blurted in an interview that Blue is going to have "brothers and sisters." Hmm.

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On top of all this fun, there will be cocktails made by Tropicana Atlantic City's Boogie Nights to sip. ASHLEY PASKILL

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‘Leper + Chip’ coddles up with gritty teenage angst and love

Inis Nua Theater Company premieres an unabashed, fierce play on adolescence.

KYLE HILLER
@MetroPhilly
letters@metro.us

There’s more to adolescence than homecomings, proms and college applications. “Leper + Chip,” presented by Inis Nua Theater Company, tells the grittier, raucous side of growing up. It’s a challenging glimpse at the lives of two teens who discover love in a frantic, antagonistic moment of hostility.

At a party, Chip and her friends instigate a fight with a boy, Leper, that ends badly. Leper goes on to pursue revenge, sparking a chaotic stream of events that are violent, frenetic and — well, comical. Where “Leper + Chip” throws menacing punches, it pokes fun and hints at romance, bringing levity to an otherwise heavy situation: Being a teenager is dangerous business.

Coming-of-age stories often do adolescence a disservice. Many narratives talk down to characters and minimize their problems, but “Leper + Chip” offers bountiful respect to the teens it portrays. “These characters are wounded individuals, stuck in bad situations,” artistic director Tom Reing said in an interview. “They are impulsive and it gets them into trouble but that impulse also leads to love.” “Leper + Chip” does this sort of story justice.

Liam Mulshine, who plays Leper, talks about the challenge of playing the role, “Leper is this brash, wild inner-city Dublin kid who tells it like it is and wants to make sure everyone around him knows he’s the man, the one in charge.”

Mulshine goes on to comment about how portraying Leper stirred up memories of his own adolescence: “The show feels viscerally real to me, and I try to imbue my performance with all of the excitement and angst and intensity I remember feeling when I was Leper’s age.”

“Leper + Chip” is the kind of art that demands to be noticed. The angst that permeates the teenage years never goes away. The residual effects find their way into our personalities as adults, which makes “Leper + Chip” excruciatingly relevant. We’re just a bunch of grown up kids desperately seeking for acknowledgment and making mistakes along the way.

Actress Katie Stahl (Chip) weighs in on the characters’ problems: “They live in the slums of Dublin, have such a strong instinct to fight and are dealing with some pretty big issues — family relationships, drugs and money.”

Stahl digs deep into her own adolescence, recalling personal experiences she had grown to block from memory. That was when she felt truly connected to Chip:

“Once the characters start opening up, it’s hard not to relate to them,” she concludes. “It has taught me to live life more fully, to appreciate each person for who they are, and to love to the greatest extent. Every opportunity is a chance to challenge yourself.” Adolescence is a learning experience, and it might be the most important and complicated one of our lives.

“Leper + Chip” runs for a total of 16 performances, through March 5 at the Louis Bluver Theater at The Drake. Tickets are on sale now for $25-$35 at inisnuatheatre.org/leper-chip.

Inis Nua Theatre Company presents the American premiere of pub play Leper + Chip by Lee Coffey starring Liam Mulshine (Leper) and Katie Stahl (Chip) at Louis Bluver Theater at the Drake. KATIE REING

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Spring dreaming

Shades of pink and new romantic dressing make us want to pack up the heavy sweaters already.

TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

Blame it on the freakishly warm temps or the fact that Shopbop just released its insanely cute spring 2017 campaign "Find Your Spring" that us has just dreaming about our warm weather wardrobe. The multimedia campaign — with inspiration images and weekly style how-to videos — stars sisters Suki and Immy Waterhouse and model Alanna Arrington showcasing six of the season's major trends: pink, tailor-made, lingerie dressing, modern Americana, new romantics and SoCal cool.

We caught up with Shopbop Fashion Director Caroline Maguire to find out about those awesome retro shades on Suki ("Karen Walker's cat-eye aviator is everything") and what's on her own shopping list.

Shopbop Fashion Director Caroline Maguire shares her wish list. PROVIDED

Shopbop's new campaign stars (from left to right) Alanna Arrington, Suki Waterhouse and Immy Waterhouse. ALL IMAGES PROVIDED

"Everyone needs a trench for spring — it's an easy basic and such a staple. Loving this one with the novel detail."

Opening Ceremony Inside Out Trench, $625

"The perfect transitional jacket brings that SoCal vibe with a tropical print, setting the tone for spring."

Boutique Moschino Printed Bomber $750

"This maxi gown is the perfect dress to take from day to night. Layering is key for spring, and I love the ability to wear this dress with a tee or sweatshirt underneath."

Adam Selman gown, $1,195

MSGM Crisscross Wrap Sandals, $298

"The easiest slides, perfect with denim cutoffs, a breezy dress, I could go on!"

"Who doesn't need an old school V-neck varsity sweater?"

Rag & Bone Emma V-Neck Sweater, $450

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wellbeing

Why you should try an infrared sauna

Inside an infrared sauna with violet LED lighting at Higher Dose, a luxury spa in NYC. KEZIAH BARRY; INSTAGRAM/@HIGHERDOSE

Our health editor heats up one winter evening.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

Despite the mild winter we're having in New York, the search for hygge never stops. So on a recent Monday night, I ditched the coffice for an infrared sauna, a cocoon of warmth that I heard also gives you a detox and a workout, just from sitting there.

I arrived at Higher Dose, a luxury spa on the Lower East Side, ready to heat up. Busy Philipps recently told me to check it out ("You'll feel like you've gotten a full-body massage," she said when I interviewed her in late December.) I appreciate a good sweat and hoped the experience would bring good vibes to my Monday.

I entered into a private room that has a sauna within it — a wooden-paneled box with glass doors and a cushioned bench inside. I disrobed, grabbed a towel and filled up with water before surrendering to my 30-minute session.

The quality of the heat is different than a regular sauna, which uses steam to fill the room with humidity. Infrared feels more like a dry heat that slowly intensifies — up to 150 degrees Fahrenheit, that is. Yes, I was dripping with sweat, but it was a more manageable warmth.

Infrared heat is actually light — emitted at a wavelength along the electromagnetic spectrum — that induces heat in the body, but is invisible to the eye. It's said to have numerous health benefits. It can penetrate the pores, purifying the skin and loosening the joints, stimulating blood flow and increasing circulation. It also burns calories, as your body works to cool itself and your heart rate increases.

Although further studies are needed to corroborate these claims, the treatment is popular among both laymen and celebs (Leonardo DiCaprio, Michelle Williams) who tout its feel-good properties. I can attest to feeling some kind of release and relaxation, if just from the cathartic act of sweating and the comfort of being alone in my own little pod.

My favorite part might have been the LED light therapy, which beamed down different colors from a square lamp in the ceiling. I selected the automatic setting which cycled through ROYGBIV, each hue meant to inspire a different mood or energy. Each color was pleasing in a different way; I might liken it to spacing out as you watch your mood ring change. Purported health benefits include skin rejuvenation, pain relief and decreasing swelling, (again, more studies are needed); for me, I felt like I was sitting below my own private, very chill disco ball.

Listening to music helped, too. Within the sauna, I hooked up my iPhone to the speakers and put on relaxing tunes from Cass McCombs.

I didn't feel radically different after my session, but certainly better than my typical post-work self. We need every chance we can take for a little solitude and self-care; an infrared sauna is one way to do that.

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DON'T BUY THE FOOL'S GOLD OF THE NFL COMBINE

Carson Wentz's 2016 draft stock was helped by a great combine showing. GETTY IMAGES

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades. @realglenmacnow

The NFL returns this week for the first time since the Super Bowl. That is, I mean, if you consider fat men in shorts dancing among orange cones to be any way related to football.

It's scouting combine time. Starting Tuesday, more than 300 young men will be measured, tested, questioned and humiliated, all in hopes of improving their status in April's NFL draft. A few will earn — or lose — millions based on how nimbly they perform gym drills.

Don't believe me? Consider Mike Mamula, a pass rusher regarded as a third-round pick when his Boston College career ended in 1995. Mamula was a pioneer in hiring a personal trainer to improve his combine numbers. So he wowed in the vertical leap and bench press. He ran a 4.58-second 40-yard dash — still in the top 10 among 449 defensive ends whose times are listed at NFLCombine Results.com.

The Eagles were so impressed they traded up five spots in the first round to grab Mamula at pick No. 7, bypassing Warren Sapp. Somehow, Mamula's combine scores didn't translate into on-field greatness. He amassed just 31.5 sacks in a lackluster five-year career.

That cautionary tale may be two decades old, but the mistakes repeat each year. Darius Heyward-Bey went from decent college player to seventh-overall pick based on his blazing 40-yard dash at the combine. In eight NFL seasons since, he's averaged fewer than 25 catches and two TDs.

The flip side is true as well. Darren Sproles rushed for an incredible 4,769 yards in his final three years at Kansas, but left facing skepticism about his size. His combine performance only added doubt, as he broad-jumped 105 inches — fifth-lowest among 393 RBs ever.

Sproles fell to the draft's fourth round. Last we checked, he's eighth in all-purpose yards in NFL history.

And then there's the Wonderlic intelligence exam. Hey, I'm delighted Carson Wentz aced it with a 40 last year. I'm also aware that Dan Marino (15) and Donovan McNabb (12) went on to fine careers despite flubbing the test.

It's silly stuff, folks. And now it's on television, pretty much wall-to-wall next weekend. We'll watch because we're starved for anything related to football. The combine drew eight million TV viewers last winter, plus another 3.6 million on mobile devices.

If you tune in and become smitten by some Adonis' shuttle run scores, heed what veteran personnel man Mike Lombardi said on NFL Network: "There are times in which many, including myself, have gone to the combine and fallen in love with numbers, then begun to build a case for a player.

"The combine is an athletic test, not a football test. That means problems arise when teams fall in love with the athlete and not the player. Each time a player has a great workout, there is a huge push to view the tape with colored glasses."

Unfortunately, nobody will listen to that. We'll study padless players competing against air and believe we've discovered the next draft diamond. Hey, don't feel bad if you get fooled by the combine. It happens just as often to the NFL experts.

Notice is hereby given that proposals will be accepted by the Philadelphia Housing Authority for Solicitation No. P-004707 – **Medical and Human Services Career Training Services**. Proposals are **due no later than 11:00 a.m. on March 17, 2017** at 3100 Penrose Ferry Rd., Philadelphia, PA 19145. Late proposals will not be considered.

A request for a copy of the solicitation should be directed to william.cook@pha.phila.gov. Interested parties can also visit www.pha.phila.gov and click on Business Opportunity for more details. PHA encourages minority, woman-owned and Section 3 businesses to submit bids and participate in joint ventures.

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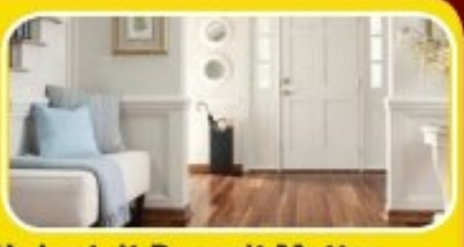

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Are Sixers shutting Embiid for rest of season?

The 76ers say Joel Embiid is out indefinitely with knee injury and will have MRI.

EVAN MACY
@evan_macy
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The Sixers medical staff and front office team has a mess on its hands.

It would be one thing if their young stars, players like Joel Embiid and Ben Simmons, were injured and fans were told what was happening. If there was a concrete and public plan for recovery, return and eventual competition.

But instead the team — in an act of Lucy-like swindling — keeps pulling the proverbial football out from Charlie Brown's foot.

After the goal posts on Embiid's return were moved from the All-Star break to missing two games to missing four games, the Sixers announced Monday afternoon that he was out indefinitely with a knee ailment.

"Embiid presented with swelling and soreness in his left knee following training progression in recent days," the Sixers' PR staff said in a release. "Based on this new information, Embiid will now be listed as out indefinitely. He is scheduled to undergo an MRI this afternoon to further assess his status."

The Sixers did the same with Ben Simmons, who's return was expected in January from a toe injury, then in February and then after the All-Star break. He was said to have gained medical clearance and was on track to return to the floor — even head coach Brett Brown said so.

But then, this weekend, Bryan Colangelo told reporters he was shut down for the season.

And Monday, the Sixers revealed there was a setback they never mentioned.

Will Joel Embiid play again this season or will he be shut down? GETTY IMAGES

"This morning Simmons underwent a minor procedure during which bone marrow was injected into the affected fracture site in order to stimulate bone growth and accelerate healing. He is likely to resume normal training by the end of the week."

Embiid's shutdown seems imminent. He posted incredible, Rookie of the Year numbers in 31 games, playing just 25 minutes per game but averaging more than 20 points per contest. He hasn't played since Jan. 27.

The Sixers have a financial reason to lie about Embiid and Simmons' health. The more fans think one of the young stars will return and appear in a game, the more tickets they'll sell.

But the bottom line shouldn't outweigh honesty. Sixers fans know, after Nerlens Noel's trade to the Mavericks last week, that Philly is in the midst of tanking for the fourth straight year. The Sixers will have one, possibly two, top-five draft picks and the entire process will play out once again this draft lottery as the team — supposedly — prepares to actually compete again in 2017-18.

With the ineptitude displayed by management this season though, it's hard to trust that the team knows what it's doing.

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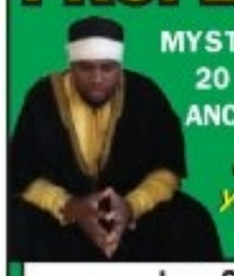

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Court of Common Pleas for the County of Philadelphia, January term, 2017, No. 002170.

Notice is hereby given that on February 15, 2017, the petition of Dobrila Cemanovic was filed, praying for a decree to change her name to Medina Cemanovic.

The Court has fixed court date, March 24, 2017 at 11:30 AM, in Room No. 691, City Hall, Philadelphia, PA for hearing. All persons interested may appear and show cause if any they have, why the prayer of the said petition should not be granted.

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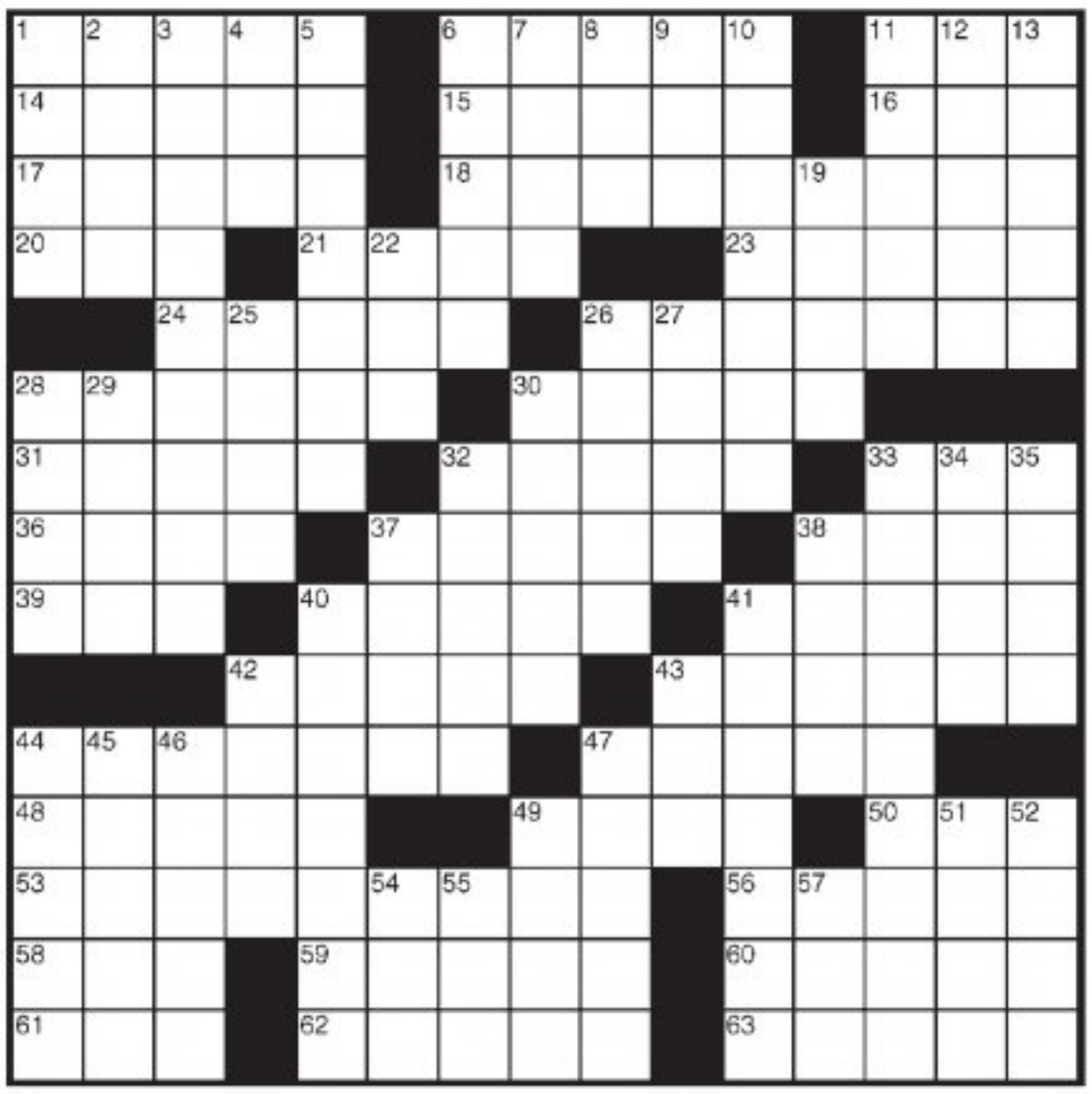
1 Like a superhero
6 Greek market
11 VCR button
14 Up -- -- (stymied)
15 Smoked
16 Zoologists' mouths
17 Nobel physicist -- Bohr
18 Masked buffoon
20 It has long arms
21 Giant-ant horror film
23 Public sentiment
24 Breeding horses
26 Canvas users
28 Hire on
30 Give way
31 Wee
32 Officious
33 Racing circuit
36 Sandwich cookie
37 Quake locale
38 Chicken
39 Jarrett of NASCAR
40 Inner motivation
41 Ditto (2 wds.)
42 "-- Street Blues"
43 Dear, in a way
44 Concurs
47 Hindu class
48 Jargon
49 Galley movers
50 Amtrak et al.
53 Heads for the moon (2 wds.)
56 Less cordial
58 Caribou kin
59 Banks of baseball
60 Ms. Verdugo
61 Compass dir.
62 Loses by inches
63 Tricky moves

Down
1 Water-to-wine site
2 Take -- -- from me
3 Knocked off the schedule (hyph.)
4 Moray
5 Total
6 Throbs
7 Pacific island
8 Boston's Bobby --
9 Kin, for short
10 Skillfully
11 NFL no-no's
12 Watch site
13 Guys like Hamlet
19 Tobacco chew
22 "-- Jude"
25 Deep-voiced lady
26 Usher's beat
27 Remains
28 Poet's black
29 Thick mud
30 -- gotta be kidding!
32 Bucket handles
33 Sweepstakes
34 Army no-show
35 Stratagem
37 Keg party locale
38 Gala
40 Signified
41 Richer in bryophytes
42 More than asks
43 Airport rental
44 "The Zoo Story" penner
45 Thresholds
46 Plumber's tool
47 Greasy spoons
49 Think nothing -- --!
51 Descartes or Russo
52 Fraus, in Sp.
54 Herr, in Madras
55 -- for the books
57 Actor -- Gulager



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easy

3						6	5	
8				5	2			
		5	1		7			3
2					5	3	7	
		9				4		
	3	7	9					6
7			2		3	9		
			4	9				8
	9	8						1

hard

9		4	7					
	1		8			6		
			3			9		7
				2	7			8
4		3	5		9	7		1
8			4	3				
6		2			5			
		9			8		3	
					3	5		2

metro.us/horoscopes

Aries Keep a lid on the way you feel. Observation will be in your best interest. Don't make assumptions or engage in arguments based on insufficient facts. Choose peace.

Taurus You need to seriously assess the secrets you've been keeping and the cost of doing so. Certain matters should be revealed to help eliminate uncertainty and stress.

Gemini Don't try to change others. Make an honest attempt to increase your inner strength. Making your life better begins within. Share your feelings.

Cancer The so-called opportunity someone is giving you is probably not going to help you as much as it would them. Branch out alone, without broadcasting what you are doing.

Leo Altering your vocation or domestic situation will open a window of opportunity, giving you clear passage to get what you want. Children will play a role in your life.

Virgo Keep your enemies close so that you can see what might be used against you. Protect yourself against bad health, financial loss and a poor reputation.

Libra If you look for an opportunity, you will find it. Take time to nurture partnerships and to include those who can be of assistance to you when you need it. Romance is featured.

Scorpio Work from home, if possible. You'll get more done and avoid interference. Unusual lifestyle changes will give you peace of mind and greater insight into your future.

Sagittarius If you express your feelings, you will find a way to improve your personal life or bring greater business opportunities within reach. Love can't be forced.

Capricorn Emotional distress will take charge if you try to take control. Choose to let everyone, including yourself, have the freedom to do whatever will bring the best results.

Aquarius Reconnect with a former co-worker in order to forge a new beginning. Your ability to make things happen through discipline and hard work will be admired.

Pisces Make a commitment to do your best. Figure out the best way to get what you want, and start moving forward. All talk and no action won't get you very far. EUGENIA LAST

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R	I	C	C	I	■	E	L	H	I	■	E	L	I	E
O	S	C	A	R	■	Z	E	A	L	■	C	A	N	E
W	E	T	B	A	R	■	C	R	A	C	K	S	U	P
■	■	■	N	I	B	■	D	R	O	O	P	S	■	■
B	O	K	C	H	O	Y	■	■	I	N	N	■	■	■
U	H	U	R	A	■	T	U	F	T	S	■	D	E	W
M	I	D	I	■	L	E	R	O	Y	■	C	A	S	E
S	O	U	■	L	A	S	E	R	■	S	A	L	S	A
■	■	■	K	E	N	■	■	T	A	T	T	I	E	R
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P	R	E	S	S	U	R	E	■	T	R	A	C	E	D
H	O	D	S	■	A	N	T	E	■	C	L	O	V	E
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4002 Chestnut Street **215.921.4871**

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